



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 01073, Dessert topping, semi solid, frozen

Report Date: July 05, 2017 03:29 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.87 Fat Factor: 8.84 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.29

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 75g	1 tbsp 4g
Proximates						
Water	g	50.21	17	1.046	37.66	2.01
Energy	kcal	318	--	--	238	13
Energy	kJ	1332	--	--	999	53
Protein	g	1.25	17	0.240	0.94	0.05
Total lipid (fat)	g	25.31	19	0.282	18.98	1.01
Ash	g	0.18	13	0.063	0.14	0.01
Carbohydrate, by difference	g	23.05	--	--	17.29	0.92
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	23.05	--	--	17.29	0.92
Minerals						
Calcium, Ca	mg	6	13	0.380	4	0
Iron, Fe	mg	0.12	7	0.018	0.09	0.00
Magnesium, Mg	mg	2	10	0.094	2	0
Phosphorus, P	mg	8	13	0.703	6	0
Potassium, K	mg	18	10	1.020	14	1
Sodium, Na	mg	25	14	4.216	19	1
Zinc, Zn	mg	0.03	11	0.002	0.02	0.00
Copper, Cu	mg	0.030	--	--	0.022	0.001
Manganese, Mn	mg	0.058	--	--	0.044	0.002
Selenium, Se	µg	2.1	--	--	1.6	0.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 75g	1 tbsp 4g
Thiamin	mg	0.000	--	--	0.000	0.000
Riboflavin	mg	0.000	2	--	0.000	0.000
Niacin	mg	0.000	--	--	0.000	0.000
Pantothenic acid	mg	0.000	--	--	0.000	0.000
Vitamin B-6	mg	0.000	--	--	0.000	0.000
Folate, total	µg	0	--	--	0	0
Folic acid	µg	0	--	--	0	0
Folate, food	µg	0	--	--	0	0
Folate, DFE	µg	0	--	--	0	0
Choline, total	mg	0.0	--	--	0.0	0.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	7	--	--	5	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	86	--	--	64	3
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	143	--	--	107	6
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.96	--	--	0.72	0.04
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	6.3	--	--	4.7	0.3
Lipids						
Fatty acids, total saturated	g	21.783	--	--	16.337	0.871
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.638	2	--	0.479	0.026
10:0	g	0.905	2	--	0.679	0.036
12:0	g	8.836	2	--	6.627	0.353
14:0	g	3.756	2	--	2.817	0.150

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 75g	1 tbsp 4g
16:0	g	3.092	2	--	2.319	0.124
18:0	g	4.580	2	--	3.435	0.183
Fatty acids, total monounsaturated	g	1.616	--	--	1.212	0.065
16:1 undifferentiated	g	0.241	2	--	0.181	0.010
18:1 undifferentiated	g	1.375	2	--	1.031	0.055
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.523	--	--	0.392	0.021
18:2 undifferentiated	g	0.305	2	--	0.229	0.012
18:3 undifferentiated	g	0.218	2	--	0.164	0.009
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Phytosterols	mg	23	--	--	17	1
Amino Acids						
Tryptophan	g	0.017	--	--	0.013	0.001
Threonine	g	0.053	--	--	0.040	0.002
Isoleucine	g	0.077	--	--	0.058	0.003
Leucine	g	0.123	--	--	0.092	0.005
Lysine	g	0.101	--	--	0.076	0.004
Methionine	g	0.038	--	--	0.029	0.002
Cystine	g	0.005	--	--	0.004	0.000
Phenylalanine	g	0.067	--	--	0.050	0.003
Tyrosine	g	0.072	--	--	0.054	0.003
Valine	g	0.089	--	--	0.067	0.004
Arginine	g	0.049	--	--	0.037	0.002
Histidine	g	0.037	--	--	0.028	0.001
Alanine	g	0.039	--	--	0.029	0.002
Aspartic acid	g	0.088	--	--	0.066	0.004
Glutamic acid	g	0.284	--	--	0.213	0.011

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 75g	1 tbsp 4g
Glycine	g	0.025	--	--	0.019	0.001
Proline	g	0.141	--	--	0.106	0.006
Serine	g	0.077	--	--	0.058	0.003
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0